

The Activity Centre is open 9.30am-3.30pm, veterans are welcome to spend the whole day with us or pop in for a couple of hours. We have an open door policy however if anyone would like to arrange a more formal introduction this can also be arranged by calling Debs 0141 814 4535.

	I.T Suite		Art Room		Recreation		Joan Weston	
	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm
Mon 22 nd	I.T Skills	I.T Skills	Art	Woodwork & Craft	Drop-In	Games Tournament	Shoulder to Shoulder (Volunteer Mentoring)	Film Club
Tue 23 rd	Free	Free	Art	Art	Hearing Loss Drop-In	Drop-In	Holistic Therapy	Free
Wed 24 th	I.T Skills	I.T Skills	Woodwork & Craft	Woodwork & Craft	Drop-In	Walking Group (Mar Hall Estate & The River Clyde)	Free	Free
Thu 25 th	Free	Genealogy	Woodwork & Craft	Woodwork & Craft	Cooking & Nutrition	Cooking & Nutrition	Free	Film Club
Fri 26 th	Free	Free	Art	Art	Drop-In	Drop-In	Holistic Therapy	Free

Hot lunch option served 12pm-1pm every day (£2)

ASAP (Armed Services Advice Project) will offer Drop-In sessions every 2nd Wednesday 11am-1pm